

WEEK 01

Session 01 FRACTIONED

Warming up
+ 7x800m in 3min21
1min30 recovery jog
Calm pace 15min at pace 1

Session 02 JOGGING

1h endurance at pace 1 or 2
10min abdominals/sheathing
10mn stretches

Session 03 HILL

Warming up
+ 15x20sec on slope
Recovery downhill jog (on a moderate slope
- Run fast and relaxed without sprinting)
Calm pace 15min at pace 1

Session 04 REST/JOG

Rest or 1h endurance at pace 1 or 2
10min abdominals/sheathing

Session 05 LONG OUTING

1h15 endurance at pace 2
including 3x08min at a speed of 4min30 per km
3min recovery jog

WEEK 02

Session 01 FRACTIONED

Warming up
+ 7x1000m between 4min15 and 4min05
1min45 recovery jog
Calm pace 15min at pace 1

Session 02 JOGGING

1h endurance at pace 1 or 2
10min abdominals/sheathing
10mn stretches

Session 03 HILL

Warming up
+ 2 series of 6x30sec on a moderate slope
Recovery downhill jog and 3min between each serie
Calm pace 15min at pace 1

Session 04 REST/JOG

Rest or 1h endurance at pace 1 or 2
10min abdominals/sheathing

Session 05 LONG OUTING

1h20 endurance at pace 2

WEEK 03

Session 01 FRACTIONED

Warming up
+ 5x1500m in 6min15
2min15 recovery jog
Calm pace 15min at pace 1

Session 02 JOGGING

1h endurance at pace 1 or 2
10min abdominals/sheathing
10mn stretches

Session 03 HILL

Warming up
+ 10x40sec on a moderate slope
Recovery downhill jog
Calm pace 15min at pace 1

Session 04 REST/JOG

Rest or 1h endurance at pace 1 or 2
10min abdominals/sheathing

Session 05 LONG OUTING

1h25 endurance at pace 2
including 10min-8min-6min at a speed of 4min30 per km
3min recovery jog

WEEK 04

Session 01 FRACTIONED

Warming up
+ 4x1200m in 5min02
1min45 recovery jog
Calm pace 10min at pace 1

Session 02 JOGGING

1h endurance at pace 1 or 2
10min abdominals/sheathing
10mn stretches

Session 03 JOGGING

20min endurance at pace 1
+ 5x100m in progressive acceleration
Calm pace by walking back to the starting point

Session 04 PREPARATORY COMPETITION

10km preparatory competition

WEEK 05

Session 01 JOGGING

1h endurance at pace 1 or 2
10min abdominals/sheathing

Session 02 JOGGING + STRAIGHT LINES

45min endurance at pace 1 or 2
+ 10x100m in progressive acceleration
Recovery jog back to the starting point
10mn stretches

Session 03 FRACTIONED

Warming up
+ 2 series of 6x200m in 44sec
100m recovery jog and 3min between series
Calm pace 15min at pace 1

Session 04 REST/JOG

Rest or 1h endurance at pace 1 or 2
10min abdominals/sheathing

Session 05 LONG OUTING

1h20 endurance at pace 2
including 3x10min at a speed of 4min30 per km
3min recovery jog

WEEK 06

Session 01 FRACTIONED

Warming up
+ 2000m in 9min / 2000m in 8min50 / 2000m in 8min40 / 2000m in 8min30
2min recovery jog
Calm pace 15min at pace 1

Session 02 JOGGING

1h endurance at pace 2
10min abdominals/sheathing
10mn stretches

Session 03 FRACTIONED

Warming up
+ 10x300m in 1min06
1min recovery jog
Calm pace 15min at pace 1

Session 04 REST/JOG

Rest or 1h endurance at pace 1 or 2
10min abdominals/sheathing

Session 05 LONG OUTING

1h25 endurance at pace 2

WEEK 07

Session 01 FRACTIONED

Warming up
+ 3000m in 13min30 / 3000m in 13min / 3000m in 12min30
400m recovery jog
Calm pace 15min at pace 1

Session 02 JOGGING

1h endurance at pace 2
10min abdominals/sheathing
10mn stretches

Session 03 FRACTIONED

Warming up
+ 10x400m in 1min28
1min15 recovery jog
Calm pace 15min at pace 1

Session 04 REST/JOG

Rest or 1h endurance at pace 1 or 2
10min abdominals/sheathing

Session 05 LONG OUTING

1h30 endurance at pace 2 including 12min-10min-8min at a speed of 4min30 per km
3min recovery jog

WEEK 08

Session 01 FRACTIONED

Warming up
+ 8x600m in 2min31
200m recovery jog
Calm pace 15min at pace 1

Session 02 JOGGING

40min endurance at pace 2
10mn stretches

Session 03 PRE-COMPETITION

20min endurance at pace 1
+ 1km in 4min30
10min stretches

Session 04 COMPETITION

HALF MARATHON
OBJECTIVE 1H35



COACH'S ADVICE

Don't try going too fast during your jogging sessions. Make sure you stay in the right pace, then let your body guide you.

Remember to include some muscle strengthening in your training, this will help you resist fatigue at the end of your run.

Remember to moisturize during and after the sessions to avoid certain injuries such as tendonitis.

